

**COUNTY OF SAN LUIS OBISPO BOARD OF SUPERVISORS
AGENDA ITEM TRANSMITTAL**

(1) DEPARTMENT Health Agency/Public Health Department	(2) MEETING DATE February 28, 2006	(3) CONTACT/PHONE Greg Thomas, M.D., M.P.H. (805) 781-5519
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(4) SUBJECT
Request the Board to receive and file a report presented at the Board on Obesity in SLO County and provide direction to staff regarding a Countywide Obesity Prevention Task Force and evaluate the viability and cost effectiveness of a County Employee Wellness Program

(5) SUMMARY OF REQUEST
Nationally, and at a local level, obesity rates have increased critically over the past 21 years. The rising rates of overweight and obesity is directly associated with increased chronic disease rate. Factors favoring increasing weight, and the resulting public health impacts are multifactorial. Reversing this trend will require community-wide recognition of the problem and willingness to work to develop ways to improve eating habits, reduce calorie intake and increase physical activity. A Countywide task force is recommended to review current trends and statistics and develop an action plan for policymakers and program administrators. Worksite wellness is a cost effective way to reduce injury, worker's compensation, other chronic diseases and resulting medical insurance claims. County Public Health and Risk Management staff have begun to look at the viability and cost effectiveness of an expanded wellness program for all County employees.

(6) RECOMMENDED ACTION
It is recommended the Board (1) receive and file the report given at the Board on Obesity in SLO County; (2) direct staff from appropriate County departments to participate in the Countywide Task Force on Obesity Prevention (when this task force is formed) in order to evaluate opportunities for physical activity and improved nutrition countywide; and (3) direct staff to evaluate the viability and cost effectiveness of a County Employee Wellness Program that includes a focus on improving nutrition and increasing physical activity.

(7) FUNDING SOURCE(S) N/A	(8) CURRENT YEAR COST N/A	(9) ANNUAL COST N/A	(10) BUDGETED? <input type="checkbox"/> YES <input checked="" type="checkbox"/> N/A <input type="checkbox"/> NO
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(11) OTHER AGENCY/ADVISORY GROUP INVOLVEMENT (LIST):
Risk Management and Public Health Staff have initiated evaluation of an expanded County Wellness Program. The Health Commission and the San Luis Obispo Gold Coast Collaborative have recommended the formation of the task force and an expanded County Wellness Program.

(12) WILL REQUEST REQUIRE ADDITIONAL STAFF? No Yes, How Many?
 Permanent _____ Limited Term _____ Contract _____ Temporary Help _____

(13) SUPERVISOR DISTRICT(S) 1st, 2nd, 3rd, 4th, 5th <u>All</u>	(14) LOCATION MAP <input type="checkbox"/> Attached <input checked="" type="checkbox"/> N/A
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(15) AGENDA PLACEMENT <input type="checkbox"/> Consent <input type="checkbox"/> Hearing (Time Est. _____) <input checked="" type="checkbox"/> Presentation <input checked="" type="checkbox"/> Board Business (Time Est. <u>15</u>)	(16) EXECUTED DOCUMENTS <input type="checkbox"/> Resolutions (Orig + 4 copies) <input type="checkbox"/> Contracts (Orig + 4 copies) <input type="checkbox"/> Ordinances (Orig + 4 copies) <input checked="" type="checkbox"/> N/A
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(17) NEED EXTRA EXECUTED COPIES? <input type="checkbox"/> Number: _____ <input type="checkbox"/> Attached <input checked="" type="checkbox"/> N/A	(18) APPROPRIATION TRANSFER REQUIRED? <input type="checkbox"/> Submitted <input type="checkbox"/> 4/5th's Vote Required <input checked="" type="checkbox"/> N/A
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(19) ADMINISTRATIVE OFFICE REVIEW OK - Jim Grant

[Handwritten Signature]



County of San Luis Obispo • Public Health Department

2191 Johnson Avenue • P.O. Box 1489
San Luis Obispo, California 93406
(805) 781-5519 • FAX (805) 781-1048

Gregory Thomas, M.D., M.P.H.
County Health Officer
Public Health Director

TO: Board of Supervisors

FROM: Gregory W. Thomas, M.D., M.P.H., Public Health Administrator/Health Officer

DATE: February 28, 2006

SUBJECT: Request the Board to receive and file the report presented at the Board on Obesity in SLO County and provide direction to staff regarding a Countywide Obesity Prevention Task Force and evaluate the viability and cost effectiveness of a County Employee Wellness Program

Recommendation

It is recommended the Board: 1) receive and file the report presented at the Board on Obesity in San Luis Obispo County; 2) direct staff from appropriate County Departments to participate in the Countywide Task Force on Obesity Prevention (when this task force is convened) in order to evaluate opportunities in strategic planning to increase opportunities for physical activity and improved nutrition countywide; and 3) direct staff to evaluate the viability and cost effectiveness of a County Employee Wellness Program that includes a focus on improving nutrition and increasing physical activity, thereby reducing the prevalence of overweight and obesity among County employees and influencing the wellness of their families.

Background

Nationally, and at a local level, obesity rates have increased critically over the past 20 years. In San Luis Obispo County, the California Health Information Survey found that 55% of adults were overweight or obese (body mass index >25). In addition, the prevalence of adolescents that are overweight in the United States has tripled over the last two decades according to the Surgeon General (2005).

The rising rates of overweight and obesity is directly associated with increased chronic disease rates; especially diabetes, heart disease, pregnancy complications and some types of cancers; such as colon, prostate, and post menopausal breast cancer.

Unfortunately, overweight adolescents have a 70-80 percent chance of becoming overweight adults. In economic terms, a 2005 study "*Chenoweth, et al*" estimated that obesity and inactivity could cost California \$28.7 billion in healthcare expenses, injuries and lost productivity; 32 percent more than five years ago.

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Discussion

Physiologically, excessive calories and/or inadequate physical activity lead to weight gain, which over the long term can result in overweight or obesity. For each individual, body weight is the result of a combination of genetic metabolic, behavioral, environmental and socio-economic influences. Our society is busy, yet very sedentary. Eating habits have changed, with much more use of packaged foods at home and purchase of fast foods. Families with two working parents or single parent families have less time for food preparation. Television, computer and video games contribute to children's inactive lifestyles. Nationally 43% of adolescents watch more than 2 hours of television each day. In San Luis Obispo County, 58.2% of adolescents watch more than 2 hours daily (CHIS 2003).

The actual physical layout of communities (community design), as well as perceived and real safety issues, reduce the amount of time children and adults spend walking, riding bicycles to school or work, and playing actively outside. Smart Growth principles have been adopted by this Board, which encourage community development designs that enhance opportunities for physical activity.

These factors favoring increasing weight, and the resulting public health impacts, are multifactorial. Reversing this trend will require community-wide recognition of the problem and willingness to work to develop multiple ways to improve eating habits, reduce calorie intake and increase physical activity. Efforts must be made at the individual and societal level.

A Countywide task force is recommended to review current trends and statistics and develop an action plan for policymakers and program administrators. A Preventive Health grant has been submitted to provide staff support and develop a report and is currently being reviewed by the grant committee.

In addition, the County is one of the larger employers in San Luis Obispo County. Ventura County has operated a Wellness Program since 1985, providing education and resources to help employees identify and reduce health risks before serious health patterns occur. Worksite wellness is a cost effective way to reduce injury, worker's compensation, as well as diabetes, other chronic disease and resulting medical insurance claims. County Public Health and Risk Management staff have begun to look at the viability and cost effectiveness of an expanded wellness program for all County employees.

Other Agency Involvement

Risk Management and Public Health staff have initiated evaluation of an expanded County wellness program. The Health Commission has recommended the formation of the task force and an expanded County wellness program. The San Luis Obispo Gold Coast Collaborative for Physical Activity, Nutrition and Obesity Prevention, has also made these recommendations.

Financial Considerations

There are no direct financial costs associated with the actions recommended. There may be minor indirect costs associated with the involvement of County staff in a countywide task force.

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Results

A Countywide Obesity Prevention Task Force is expected to develop an action plan within six months of formation. The recommended actions that are within the purview of the Board will be brought back for review and possible action. A report on the viability and cost effectiveness of a County Wellness Program, including the focus on obesity prevention will be completed prior to development of the FY 07/08 budget.

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